

# Skin Problems and Diet

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# 1. Skin Accepts Environmental Influences

- Unavoidable Influences
  - Sunlight (ultraviolet rays)
  - Weather (moist, dry, hot, cold)
  - Vehicle emissions (smoke)

# *Cont.....* Skin Accepts Environmental Influences

- **Avoidable Influences**
  - Chemicals (local applications)
  - Allergies
  - Stress
  - Poor diet
  - Hormones
  - Aging

## 2. Skin Problems

- Major skin problems are:
  - Acne, pimples
  - Eczema
  - Psoriasis
  - Burns
  - Cuts

## 3a. Health Indications of **Acne**

<b>Indication</b>	<b>Affected Part of Skin</b>
Liver problems	Nose, forehead
Constipation, etc.	Chin, chest, back
Allergy	Along cheek bone
Bacterial infection, Cuts, Burns	Anywhere

## 3b. Health Indications of Eczema

Indication	Affected Part of Skin
Allergy by milk, egg, peanuts	Wrists, elbows, knees
Colon toxicity	- As above -

### 3c. Health Indications of Psoriasis

Indication	Affected Part of Skin
Bowl toxicity	Skin pileup anywhere, especially scalp, buttocks, knees, ankles
Protein indigestion	- As above -
Impaired Liver Function	- As above -

## 4. Food Requirements of Skin

- Omega-3 & 6 fatty acids
  - Fish
  - Flax
- Vitamins A, C & E
  - Fresh veggies, especially colored
  - Fresh fruits, especially citrus
  - Olives, eggs, butter



# 5. Diet Therapies

- Hydrotherapy

- It is the most speedy way of cleaning the gut
- Saves from constipation

- Take

- 1 lit water drinking without thirst
- 25 g fiber, including digestible & indigestible
- 20% of daily calories should come from fats
- 50 ml of Aloe Vera drink

# *Cont.....*Diet Therapies

## Avoid

- Sugar
- Soft drinks
- Yeast (found in bread, beer)
- Cheese (molds)
- Coffee
- Excessive spices
- Excessive fats & oils

## 6. Local Application

- Apply on all body skin
  - Simple water as moisturizing agent
  - Aloe Vera gel as sun-block, anti-inflammatory and anti-aging agent. It supports formation of new skin
  - Coconut oil
- Bathing with mineral salts
- Regular exercise promotes circulation